



Chevy Chase Village

Announces Classes for Winter 2016



Chevy Chase Village is pleased to announce the following classes that will be held in the Village Hall this Winter. Please complete one registration form for each class and return with a **check** for the fee as noted under the class description **made payable to the instructor** to:

Chevy Chase Village, 5906 Connecticut Avenue, Chevy Chase, MD 20815.

Children's Classes

Creative Movement (2yrs) - 1/14—3/17
(Weather related make up class: March 24)

Thursdays: 10:30—11:30 a.m.

\$120 per 10-week session—Residents

\$150 per 10-week session—Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

*Make check payable to: **Paula's Fantasy Theater***

Drama & Dance (5-7yrs) - 1/14—3/17
(Weather related make up class: March 24)

Thursdays: 4:00—5:00 p.m.

\$120 per 10-week session—Residents

\$150 per 10-week session—Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

*Make check payable to: **Paula's Fantasy Theater***

Pre-Ballet (3 yrs) - 1/14—3/17
(Weather related make up class: March 24)

Thursdays: 12:30—1:30 p.m.

\$120 per 10- week session—Residents

\$150 per 10-week session—Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

*Make check payable to: **Paula's Fantasy Theater***

Pre-Ballet (4-5 yrs) - 1/14—3/17
(Weather related make up class: March 24)

Thursdays: 3:00—4:00 p.m.

\$120 per 10-week session—Residents

\$150 per 10-week session—Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

*Make check payable to: **Paula's Fantasy Theater***

NEW CLASS

Vovinam (Vietnamese Martial Arts) - (8 -15 yrs)
1/20—3/9 (Weather related make up class: March 16)

Learn to defend yourself using your hands, elbows and knees. Vovinam techniques are simple, effective, artistic and easy to learn. Techniques include kicks, throws, escape and leveraging, locks, choke holds and submissions. Each session will burn you out with extensive warm-ups, fall breaks, strikes, kicks, blocks, and sparring. This course provides students with real world defense skills.

Wednesdays: 5:00—6:30 p.m.

\$150 per 8-week session—Residents

\$190 per 8-week session—Non-residents

Drop In: \$30—Residents; \$40—Non-residents

Instructor: Yanni Nguyen

Minimum enrollment: 4 students

*Make Check Payable to: **Yanni Nguyen***

Adult Classes

NEW CLASS

Art Splash 1/12—3/1

(Weather related makeup class: March 8)

Relax and have fun painting your own original masterpiece. At least four of the projects in this series have a "teamwork" component for couples that would result in twinned projects, which, when hung together, would complete the other.

Tuesdays: 4:30—6:30 p.m.

\$200 per 8 -week session—Residents

\$250 per 8 -week session—Non-residents

Price includes all materials . An apron will be provided.

Couples must enroll individually

Drop In: \$24—Residents; \$30—Non-residents.
ADVANCED NOTICE TO THE VILLAGE OFFICE
REQUIRED! To register for drop-ins, e-mail:
ccv@montgomerycountymd.gov.

Instructor: Teresa Lunceford

Minimum enrollment: 7 students

*Make Check Payable to: **Abrakadoodle***

NEW CLASS

Qi-gong & Meditation - 1/13—3/2

(Weather related make up class: March 9)

Qigong builds "Qi" or the natural energy and life force that enhances health and can even heal the body. Qigong is an effective therapy to deal with high blood pressure, arthritis, back, neck and joint problems. While Western medicine tends to treat only the symptoms of a disease, Qigong treats the whole person. Using meditation techniques effective for releasing stress, relieving depression, and slowing down the aging process, Qigong loosens the joints, strengthens the spine, and improves overall health. Qigong is also known as "acupuncture without the needles."

Wednesdays: 1:15—2:15 p.m.

\$150 per 8-week session—Residents

\$190 per 8-week session—Non-residents

Drop In: \$35—Residents; \$44—Non-residents

Instructor: Louise Liu

Minimum enrollment: 7 students

*Make Check Payable to: **Louise Liu***

NEW CLASS

Body Intensity 1/4—2/29

This boot-camp style work out features strength, cardiovascular, core and flexibility training. Work every part of your body each week!

Mondays, Wednesdays, Fridays: 8:00—9:00 a.m.

\$90 per month—Residents*

\$112.50 per month—Non-residents*

Instructor: Sara Qureshi

*Make check payable to: **Sara Qureshi***

***Tuition payable by credit card (Visa or Master Card), cash, or check on the first day of class to this instructor ONLY.**

Needed supplies: hand weights (5 to 8lb); water; mat/towel (thick mat is preferred, which can be purchased at any retailer that sells sports equipment); and fitness shoes.

Tai-Chi - 1/13—3/2

(Weather related make up class: March 9)

This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health & unblock the meridians in the body. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene, but aware state of mind. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress.

Wednesdays: 2:15—3:15 p.m.

\$150 per 8-week session—Residents

\$190 per 8-week session—Non-residents

Drop In: \$35—Residents; \$44—Non-residents

Instructor: Louise Liu

Minimum enrollment: 7 students

*Make Check Payable to: **Louise Liu***

Chevy Chase Village
2016 Winter Class Registration Form

Student's Name _____

Name of Parent/Guardian (if child) _____

Address _____

Telephone _____ *Email* _____

Class _____ *Payment* _____ *Village Resident? Yes* ___ *No* ___

Waiver of Liability and Release

Signature required for all classes!

I, individually and/or as the parent/guardian of the minor child named above recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties, and specifically disclaims any warranties, with respect thereto.

I/my minor child, am participating in the course/activity upon the express agreement and understanding that I am hereby waiving and releasing Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising out of my or my child's participation in the aforesaid course/activity and any illness injury or death resulting therefrom, and hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village

As a participant in any program or class offered at Chevy Chase Village, I, or my minor child, recognize and acknowledge that there are possible risks of physical injury, and I, or my minor child agree to assume the full risk of injuries, including death, damages or loss that I, or he/she may sustain as a result of participating in any activities connected or associated with such program or class.

I am over the age of eighteen years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof and to induce Chevy Chase Village to permit me, or my minor child to participate in the program at Chevy Chase Village Hall.

Signature of Participant OR Participant's Parent/Guardian
(if under the age of 18 years)

Date

For Office Use Only:

Amount Received: _____

Date Received: _____

Received By: _____